



Mt Smart School Athletics Events

Health and Safety Guidelines

Health

Toilets - the building on the bank by the entrance (grey with lime-green stripes). Boys to right, girls to left.

Water - taps are in front of the toilet building.

Sunscreen/Hats advisable.

First Aid – there is a small room by the finish line that can be used or the lounge upstairs. If you have an **ambulance** attending it should use the Beasley Ave entrance and generally it will be stationed at the foot of the ramp at the eastern end of the track.

Safety	
Guidelines	Reasons
1. Don't run across the track – use the ramp at either end to get to your event. Exception – when the announcer tells you it is a safe time to do so.	You will interfere with track or long jump events, possible collision.
2. Don't cross the centre of the field.	Landing area for throwing events.
3. In the stands keep behind the railings and do not sit on the railings.	Danger of spilling out onto the track and the starter and finish judges need clear sightlines.
4. Long Jump/High Jump – don't cross in front of people about to jump.	You will put other competitors off and possible collision.
5. Field event competitors waiting for your turn – be aware that track events will be taking place so that you can keep the track clear.	You will obstruct runners and possible collision.
6. No practice attempts until 2 teachers or helpers are present to supervise.	Danger of injury if unsupervised.
7. No phones/electronic gear in competition area.	Distracting.
8. Throwing events – don't pick up the throwing implement until your name is called.	To keep use of implements under control and reduce risk of injury.
9. No practising with implements once competition is under way.	As above.
10. Keep well back from the thrower and behind the direction they are throwing.	Avoiding danger of being hit if there is a mis-throw or if you are not concentrating.
11. Keep one metre away from the discus nets.	The nets will not stop the discus from hitting you if you stand close.
12. If you are helping measure and retrieve the implements in the landing area, never turn your back on where they are being thrown from.	If you are not facing the throwing area you may not see the javelin, discus, hammer or shot coming. Very dangerous.
13. No balls or other sports gear in the arena and competition area.	Distracting and inappropriate for an athletics competition.

Care of Facilities	
Guidelines	Reasons
Take off spiked shoes once you leave the track.	Possible damage to spikes, others and seats.
No standing on seats.	You or your school will have to pay for any damage caused.
No face or body paint.	It gets on the seats, in the toilets, on the high jump mats, on the track, on the equipment and on others.
No chewing gum.	You know why.
No food in competition areas, water only.	No food scraps or litter. There are other areas where there are rubbish bins.

General:

If you are using the photofinish make sure that helpers/parents know that they are not to walk across the finish line.

Check for lost property before you leave. We cannot deliver it to schools.

Remind parents that they are not to park in the spaces reserved for the Athletics Auckland and Oceania Football offices, and to make sure no valuables are left in their cars.

Buses enter off O'Rourke Rd and take the first turn to the right where the students can disembark and walk to the track.

Organisation

Make sure you know what you want to achieve. Are there championships to be decided, records to be kept? Are there points for participation? Are you looking for qualifiers for Zone Championships? Do you need to measure every attempt made by every student? For some schools it will be a finals day, for others an opportunity for the students to have a go at various events.

Athletics Auckland can help you have a successful day. Our main concerns are that it is a positive experience, that the meeting is conducted safely and that the results are fair.

We can give you advice before the event or during the day.

Measuring throws: if accuracy is important, the tape must be pulled back through the centre of the circle and then the measurement taken from the front of the throwing circle. This makes sure there is a fair measurement whether the throw lands to the left or the right or somewhere in the middle of the landing sector.

Common errors in technique:

High Jump – it is not a valid jump if the person jumps off both feet or dives over the bar.

Shot Put – this must be a put, pushing the arm out straight from the neck/shoulder area. Some drop the elbow and try to throw it like a cricket ball, which can get good distances if the athlete is relatively strong. Unfortunately this is not a valid throw.